



ONLINE SAFETY RESOURCES FOR PARENTS, CARERS AND FAMILIES

If you would like to learn more about the various elements of Online Safety – we recommend that you visit the following sites.



- [Think U Know / CEOP Education](#) – this site has a section for parents/carers, it provides [advice](#) about different online risks and shares information about [supporting organisations](#) and how to [report](#) any of your concerns. There is also a '[home safety activities](#)' section – which has videos and activity sheets to complete at home.
 - o [Parents and carers | CEOP Education \(thinkuknow.co.uk\)](#)



- [Internet Matters](#) – this site has been designed for parents/carers and aims to arm you with the information of how to keep your children safe online. You can filter the information by 'issue' or 'age', but there's also information about how to set [parental controls](#), guides for [different apps](#) and a [gaming advice hub](#). If your child has any Special Educational Needs, you may also find the [Inclusive Digital Safety Hub](#) supportive.
 - o [Information, Advice and Support to Keep Children Safe Online \(internetmatters.org\)](#)



- [Childnet](#) – this site provides help, support and advice for parents/carers about a whole-range of online [issues and behaviours](#). There is also guidance about how you can best [support your child](#) if they come to you with a concern, and then [downloadable resources](#) to support with screen time, transitions and general wellbeing.
 - o [Parents & carers | Childnet](#)



- [Vodafone Digital Parenting](#) – this site has lots of different [articles](#) written by parents, for parents, all about how to support your children to stay safe whilst enjoying life online. There are [downloadable stories](#) with online safety twists and downloadable [parent magazines](#) – helping you to stay up to date about the latest online apps, games and risks.
 - o [Digital Parenting - Vodafone UK News Centre](#)



- [Parent Zone](#) – this site was created specifically for parents, carers, and families – it aims to be educational but supportive and is designed to fit around family life. This site has a [parents section](#), a [library](#) with advice about a huge range of apps and games, a [blog](#) and a help and [support page](#) with links to lots of organisations. Parent Zone also offer [newsletters](#), a [podcast](#) and regular free events (usually on YouTube).
 - o [|Parent Zone | At the heart of digital family life](#)



- [NSPCC](#) – this site has advice and guides for parents/carers about keeping children safe online. There is specific support around [conversations](#), online [wellbeing](#) and [parental controls](#). The NSPCC also have a [site](#) to support families whose children have SEND.
 - o [Keeping children safe online | NSPCC](#)



- [National Online Safety](#) – this site provides free downloadable parent/carers [guides](#) about specific apps or online behaviours to be aware of. The site also offers free short courses for parents and carers about online safety – there are different courses depending on the age of the children - [3-7](#), [7-11](#), [11-14](#) and [14-18](#).
 - o [E-safety Guides for Schools | National Online Safety](#)



- [UK Safer Internet Centre](#) – this site has [guides](#) for parents and carers about the different devices your children may have access to, as well as guides for the different social media sites and conversation starters. You can also filter the information to look at specific [online issues](#) and each page then has related resources.
 - o [Parents and Carers – UK Safer Internet Centre](#)



- [East Midlands Cyber Secure](#) – this site has information for parents/carers about cyber security. They have a range of [videos](#) with advice about setting parental controls, understanding your home internet, how to stay safe when gaming and scams to be aware of. EMCS are also starting to run regular [events](#) online, which are free to attend. This site has information about [Cyber Choices](#), a programme to support children in using their cyber skills in a safe and legal way.
 - o [Videos | EM Cyber Secure \(eastmidlandscybersecure.co.uk\)](#)



- [EE Phone Smart](#) – this site has help and [advice](#) for parents and carers, and hosts the 'EE Phone Smart' interactive learning programme for children. This [programme](#) is free, it aims to support children as they get their first/new phone and helps them to learn how to stay safe as they have fun online.
 - [Parent - Homepage \(eephonesmart.co.uk\)](#)